

"Train Smarter, Train Harder"

Cplx I [2x]		BeginWk[10of27](1Mc)		Descriptions			Notes & Prog
A	Mobility Complex [Dyn 4:(04-:06)]	1	a	aLower Leg=>V-Column Side Stretch	3	c	Sleeper Stretch=>Child's T-Spine Rot
	General	2	b	90&90 Chest=>Finger Tip Chest	4	d	aPNF Lunge & Reach Up=>Rot Quad Hip
B	LSA Warm-Up R&L[O&Xo Steps]	1	a	MA [5x]=>O & Go!	3	c	
	Specific	2	b	MA [5x]=>Xo & Go!	4	d	
C	Quick Feet [Swivel]=>Agility Cplx	1	a	15's=>5 & back	3	c	5's=>15 & back
	Warm Up & Patterning	2	b	10's=>10 & back	4	d	
D		1	a		3	c	
		2	b		4	d	
E		1	a		3	c	
		2	b		4	d	

Cplx II [3x] PhysioEvolutions							
A	Bb Bench Press [ @#0 (Flat)[10=>6x]	1	a		3	c	
		2	b		4	d	
B	MR Prone Row 1[3&3]	1	a		3	c	
	aPNF Retracted & Depressed ShG	2	b		4	d	
C	Bb BO Row (@Alt Grip) R&L[10=>6xe]	1	a		3	c	
		2	b		4	d	
D	sDb Snatch R&L[Alt3xe]	1	a		3	c	
	SOM	2	b		4	d	
E		1	a		3	c	
		2	b		4	d	

Cplx III [3x] SPEEDCon							
A	OvHd Triangular Step Ups R&L[4=>2xe]	1	a		3	c	Trap Bar
		2	b		4	d	
B	Bb Oly (PC)[4=>2x]	1	a		3	c	
		2	b		4	d	
C	Quick Feet [Swivel]=>Agility Cplx	1	a	15's=>5 & back	3	c	5's=>15 & back
	Warm Up & Patterning	2	b	10's=>10 & back	4	d	
D		1	a		3	c	
		2	b		4	d	
E		1	a		3	c	
		2	b		4	d	

Cplx IV [1x]							
A	Auxillary Movements	1	a	dDb Sup&Pro 3[:30]	3	c	
	Grip & Neck	2	b	MR Neck Flx&Ext [3Pos@4xe]	4	d	
B	SMR & Static Mobility Complex #1 [:20-:30 or 3-4 Deep Breaths per movem	1	a		3	c	
		2	b		4	d	

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Cplx I [1x]		MidWk[11of27](1Mc)		Descriptions			Notes & Prog
A	Mobility Complex [Dyn 4:(04:-06)]	1	a	aLower Leg=>V-Column Side Stretch	3	c	Sleeper Stretch=>Child's T-Spine Rot
	General	2	b	90&90 Chest=>Finger Tip Chest	4	d	aPNF Lunge & Reach Up=>Rot Quad Hip
B		1	a		3	c	
		2	b		4	d	
C		1	a		3	c	
		2	b		4	d	
D		1	a		3	c	
		2	b		4	d	
E		1	a		3	c	
		2	b		4	d	

Cplx II [2x] PhysioEvolutions							
A	dWt Bench ShG Scaption 2[2Pos@:30:30][Incline@4=>3]	1	a	Full Cans	3	c	
		2	b	Empty Cans	4	d	
B	sA Sled IsoMRow & BackPedal=>Row R&L[2Pos(:30xe)]	1	a	IsoMRow & BackPedal	3	c	
		2	b	Sqt Pos Row R/L	4	d	
C	Bb Bear Complex [PC=>Jerk=>Back Sqt] w/ "Back Sqt Bail Practice"	1	a		3	c	
		2	b		4	d	
D	Quick Feet 4[:30:/30]	1	a	Lat OutSide R	3	c	Lat CrossOver (Xo) R
		2	b	Lat OutSide L	4	d	Lat CrossOver (Xo) L
E		1	a		3	c	
		2	b		4	d	

Cplx III [2x] PhysioEvolutions							
A	SpCd ShG External Rotation 2[2Pos@:30:30]	1	a	0o Shoulder Abduction	3	c	
		2	b	90o Shoulder Abduction	4	d	
B	SpdCd Lat rstd Stork Stance R&L2[(2Pos@:30)]	1	a	IsoM Add (Pidgeon Toe Pos) R/L	3	c	
		2	b	Reps (High Knee Step Up Pos) R/L	4	d	
C	Bb Bear Complex [PC=>Jerk=>Front Sqt] w/ "Front Sqt Bail Practice"	1	a		3	c	
		2	b		4	d	
D	Quick Feet 4[:30:/30]	1	a	Lat OutSide R	3	c	Lat CrossOver (Xo) R
		2	b	Lat OutSide L	4	d	Lat CrossOver (Xo) L
E		1	a		3	c	
		2	b		4	d	

Cplx IV [1x]							
A	Auxillary Movements	1	a	dDb Radial & Ulnar Deviation 3[:30]	3	c	
		2	b	MR Neck LatFlx R&L 2[2Pos@6xe]	4	d	
B	SMR & Static Mobility Complex #1 [:20-:30 or 3-4 Deep Breaths per movem	1	a		3	c	
		2	b		4	d	

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Cplx I [1x]		EndWk[12of27](1Mc)		Descriptions			Notes & Prog
A	Mobility Complex [Dyn 4:(04-:06)]	1	a	aLower Leg=>V-Column Side Stretch	3	c	Sleeper Stretch=>Child's T-Spine Rot
	General	2	b	90&90 Chest=>Finger Tip Chest	4	d	aPNF Lunge & Reach Up=>Rot Quad Hip
B	Front-to-Back Crab Crawl=>Sprint [15yds]	1	a	F-B=>AltLat Lunge w/ Fw Spin R&L	3	c	
		2	b	B-F=>AltLat Lunge w/ Bw Spin R&L	4	d	
C	4:(05) Pro Short Shuttle (5-10-5/20yd Shuttle) R&L[:45 Interval Alt@2xe]	1	a		3	c	
		2	b		4	d	
D		1	a		3	c	
		2	b		4	d	
E		1	a		3	c	
		2	b		4	d	

Cplx II [3x] Physio-Evolutions							
A	sA SpdCd Bench Flys R&L[5xe]	1	a		3	c	
		2	b		4	d	
B	sDb sA Roll Up R&L[Alt5xe]	1	a		3	c	
		2	b		4	d	
C	Bumper Plate Long Snappers [10x]	1	a		3	c	
		2	b		4	d	
D	tBb/Bb OffSet Tip Drop=>Rot Sqt Jumps R&L[TXAlt5xe]	1	a	OffSet R w/ R&L dSqt Js	3	c	
		2	b	OffSet L w/ R&L dSqt Js	4	d	
E		1	a		3	c	
		2	b		4	d	

Cplx III [3x] SPEEDCon [:45 Intervals]							
A	4[:05] Pro Short Shuttle (5-10-5/20yd Shuttle)	1	a	20yds (20=>?)	3	c	6yds (6=>?)
		2	b	11yds (11=>?)	4	d	
B	4[:10] SpdCd Push Ups	1	a		3	c	rstd
		1	a		3	c	
C	4[:15] SpdCd V-Cargo Climbs	2	b		4	d	
		1	a		3	c	
D	4[:20] Sqt J's R&L[Alt2xe]	1	a	1st & 3rd R hand hanging	3	c	AltRot Js
		2	b	2nd & 4th L hand hanging	4	d	
E		2	b		4	d	
		2	b		4	d	

Cplx IV [1x]							
A	Auxillary Movements	1	a	Rstd Spinning Kuddyears [4Pos@:60x	3	c	
	Grip & Neck	2	b	MR Neck Rotation R&L [2Pos@6xe	4	d	
B	SMR & Static Mobility Complex #1 [:20-:30 or 3-4 Deep Breaths per movem	1	a		3	c	
		2	b		4	d	

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